

Mini-lesson

Try Something New



Grades 3-5



30 minutes

Objectives

- Students reflect on and share 'firsts' they have experienced.
- Students consider the benefits and challenges of trying new things.

Essential Questions

- Why is it important to try new things?
- Where do you have opportunities to try new things?

MATERIALS / MEDIA

Worksheet: [The First Time I...](#)
([PDF](#) | [Google](#))

Video: [Kids Jump Off a Diving Board for the First Time](#) (3:09)

THEMES

Self-awareness
Decision-making
Self-management

Vocabulary

RESULT: noun; a consequence, effect, or outcome of something.

CURIOSITY: noun; a desire to learn or know, interested or intrigued.

Before you Begin

Consider providing a list of emotions for students to refer to throughout this lesson.

Program Connections

This activity supports all lessons in our ThinkGive Elementary School programs, as students are invited to take actions that are new and/or stretch into the courage zone. Want to learn more? Visit [Our Programs](#) page.

THINK • GIVE

Watch: [Kids Jump Off a Diving Board for the First Time \(3:09\)](#). Four kids jump off the diving board for the first time and share about the experience. Ask students to notice how the kids in the video think and feel before and after the experience they are about to have for the first time.

Discuss:

- What thoughts and emotions did this video bring up for you?
 - What did you notice about each child before and after they dove off the diving board?
 - In your opinion, what is the message of this video? Why?
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CONNECT + CLOSE

Activity: The First Time I...

As a group, share out different things that students have tried for the first time, the emotions they felt, and the results. Be sure to include your own experience.

For example:

- The first time I... **rock climbed**
- I felt... **fear, doubt, excitement**
- Because of this experience I... **I am physically stronger, I have better balance, and I am less afraid of heights.**

Then have students think of other experiences of trying something new using the Worksheet: [The First Time I... \(PDF | Google\)](#).

Discuss:

- What are the benefits of trying something for the first time?
- What are the challenges of trying something for the first time?
- Considering how challenging it can be to try something new, and knowing that a positive outcome isn't guaranteed, why is it important to keep trying new things?
- Why is curiosity an important part of trying something new?
- What are some new things you want to try? Why?

ACTION

In the coming days/week, ask students to try at least one new thing! This can be something new to them, or something challenging within a more familiar activity (e.g., if they play an instrument, they could play for an audience). Invite students to share their intentions with an adult they trust and feel safe with—it's always helpful to have someone cheering for us and/or someone to go to for guidance or support.

REFLECTION

Lead a discussion or allow students to journal, using the following questions as a guide:

- What new thing(s) did you try? How did it feel?
- Is it something you would try again? Explain.
- What is one/some new thing(s) you learned about yourself as a result of trying something new?
- What would the world be like if we didn't have curiosity or never tried anything new?